

It's "CRUNCH" time!

Can you beat us in the Mountain Plains Crunch-Off*?
A friendly [SCHOOL/DISTRICT] vs. [SCHOOL/DISTRICT] challenge



Dear Superintendent/Principal/Teacher,

To celebrate Farm to School Month (October), our school/district participates in a friendly interstate competition to see which State can get the most "crunches" into a local apple, or other local produce, per capita, and we want to challenge your school/district to help [STATE] be crowned the Crunch Champion!

To participate, convene your students and staff (virtually or in-person) and bite into local produce together to celebrate the wonderful fruits and vegetables grown in the Mountain Plains Region. Crunch Off events encourage healthy eating and support local agriculture while celebrating Farm to School Month and highlighting the strength a community gains from farmer-school food service partnerships.

We participated last year, and had a great time! Join us this year for a little healthy competition, and see if your district can come up with more "crunches" than us!

When is the Crunch Off?

The Crunch Off takes place annually in October. [Insert State-specific Crunch information.]

How to Participate

Register your school/district here: <https://www.surveymonkey.com/r/79XXHNM>. You must register to be counted!

Decide what you will crunch and where you will get it from! If you would like to crunch something other than an apple, please refer to the State-specific resources provided upon registration, or reach out to **State POC**. Crunch events can take place anywhere, even during school breakfasts, lunches, afterschool snacks, or via the Fresh Fruit & Vegetable Program.

Create a Crunch Team & get as many people involved as you can! Gather as many individuals as possible in your school/district who are excited about Farm to School and local food. Consider including students, teachers, food service staff, administrators, the PTA, your wellness committee, and community members to help you plan and promote the event. There's a Crunch Guide to help you get started (available upon registration)!



We look forward to "Crunching Off" together and helping STATE take the title from Nebraska. [Or, for Nebraska: We look forward to...keeping the title in Nebraska for the third year in a row!]

May the crunchiest school/district win! But really, we are all winners when we crunch into fresh, local produce!

Sincerely,

Superintendent/Principal/Teacher

*Participating States: CO, KS, MT, MO, ND, NE, SD, WY